



Whalesong

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Residence Hall opens to mixed reviews

Problems with meal plan detract from new building

By Crystal Huskey
Whalesong Reporter

The University of Alaska Southeast started the fall semester off with a new addition to the school. The new residence hall and meal plan have been in use since late August. The residence hall is currently home to 81 students. Due to contracting problems, the remodeling of the Mourant Building has caused problems in implementing the new meal plan. For the time being, meal plan users are being fed at the student housing lodge. The Mourant building is expected to open October 7, 1996.

While the new residence hall that opened this semester at UAS appears to be a popular addition to campus, some students are not too happy about the meal plan that goes with it. Complaints about the meal plan are due in large part to its "meals on wheels" nature. Because of delays in opening the cafeteria in the Mourant Building, the meals are being cooked at the Moose Lodge kitchen and driven to the student housing lodge.

The problem of driving the meals to campus has limited the menu variety, but that should change when the cafeteria open, according to Tish Griffin, director of student activities and housing.

Students living in the new dorm have commented that they really like it and feel that it was worth the money spent to build it. The only negative comment about the dorm dealt with the problem of the computers not being hooked up yet for the students.

Many students, however, said they are unhappy with the meal plan. Those using the meal plan are paying \$1,296 for Fall semester and \$1,248 for Spring semester. Students have made several complaints expressing their concern that the meal plan is not worth the money they are paying for it. However, these students also felt the meal plan will improve once it is moved into the cafeteria in the Mourant Building. For the most part, students are trying to keep a positive outlook that things will get better.

Student Activities director Tish Griffin also believes things will improve once the Mourant Building cafeteria is finished. Griffin said that for the most part, students on the meal plan have been very patient and understanding and that students would be very happy about the meal plan

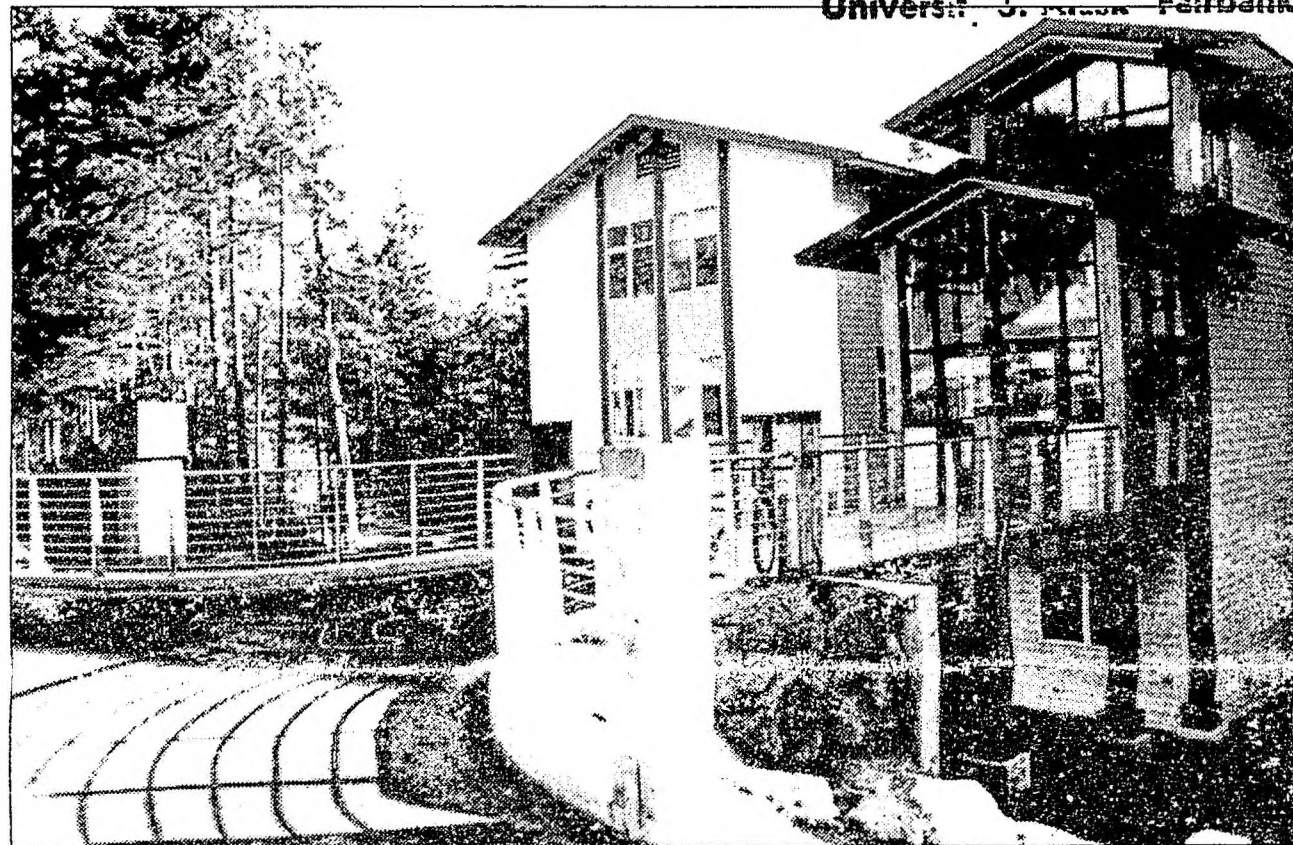


Photo by Dan Coleman

The new residence hall which opened in late August, is currently home to 81 students. The increase in enrollment is attributed to the additional housing.

once everything comes together. Once the cafeteria was done, students on the meal plan will have a wide variety of various foods to choose from, Griffin said.. Griffin expressed great concern for how students feel about the meal plan and what she can do to meet the needs of the students so she has

formed a Food Service Advisory Committee. The purpose of this committee is to allow students to express their feelings and ideas about how the meal plan can be changed or improved. Anyone interested in finding out more about this committee can contact the Student Activities office.

Cafeteria open but Mourant building remodel still in flux

Project to be completed in November

By Tim Betz
Whalesong Reporter

Hoorah! After 75 days of construction, the Mourant Building is finally open to students. Students now have a place where they can relax, and talk with friends over lunch and coffee. Still, a few more changes are in the offing; students will see a little more construction before UAS completes a renovation process that began one year ago.

In the fall of 1995, Chancellor Lind rededicated the Mourant Building to the students of UAS. This meant that the

schools' administrative offices, formerly located in the downstairs half of the Mourant Building, needed to move to UAS' downtown extension, the Bill Ray Center. After the rededication, Student Services Director, Bruce Gifford, established a committee of student representatives called the Mourant Committee. According to Student Government President, Shawn Paul, the Mourant Committee "set priorities and gave recommendations" as to how to best utilize the space left vacant by UAS administrators.

But new demands had already been placed on the Mourant Building. The new dormitory has required that UAS install a larger cafeteria-style food complex in place of the modest Mourant Cafe. The larger cafeteria takes up most of the space in the upstairs portion of the Mourant Building. Consequently, UAS Bookstore, once lo-

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Photo courtesy of Richard Marston

Exactly what is a JIRPer?

To find out see page 3...

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Editor's

Computer Sabotage

During the second week of school someone used a piece of encryption software, downloaded from the Internet to a disk, to damage the system security on the Macintosh computers. They then disabled the

anti-virus software and infected the machines with a computer virus, causing the machines to crash sporadically and act abnormally. The virus corrupted the contents of the hard drives and rendered them unusable. Two machines lost files and had to have software replaced, and the third machine wouldn't even boot up and had to have the hard drive completely reformatted and all software reinstalled.

Jason Bourgois, who spends much of his time installing software for computer classes must now add repairing these damaged computers to his list of things to do. Was the sabotage intentional? "Without a doubt in my mind," Bourgois said. All the signs were consistent with sabotage, with a concerted effort to disable. And, the delinquent that did this had to be physically present in the lab.

There will now be additional security measures placed on the computers and that, according to Bourgois, means slightly less usability. Interaction within the computer systems may be further restricted to ensure a consistently reliable work environment from every machine. You can thank the person that did this little deed for that. This person has made a resource supplied by the school for your benefit unavailable to you. People who do not have their own computer rely on the computer lab



Annette Nelson-Wright
Whalesong Editor

for an available machine. When three machines are unavailable, that's three fewer students that can complete homework and assignments or correspond with family and friends through the Internet. What if you are one of those three? He or she has essentially wrecked your computer. Rather inconsiderate and spiteful don't you think?

This kind of activity is not a harmless prank, nor is it entertaining or amusing. It's infuriating, disturbing and disappointing. Infuriating in that the person responsible for this intended to ruin computers. They intended for you to lose your data, your paper, your essay or your lab report. They wanted to make a resource unavailable. They wanted to inconvenience you and to make you wait. They wanted you to not be able to finish your work. The disturbing part is this person is a student here. This person was in the computer lab happily committing acts of destruction while you went about working on your material. He or she was sitting right next to you. Equally disturbing is they enjoyed what they were doing, and they did it with no regard or consideration for anyone else. What is disappointing is that someone sees this as appropriate behavior. This type of activity is criminal, and as such it is no different from a street crime. This per-

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Tall tales told by the totem

Pole traveled from New York to Kenai before settling at UAS

By Ernestine Hayes
Whalesong Reporter

When you're running from class to class and feel someone's eyes on you, it might be the 38-foot red cedar totem pole overlooking the university buildings on the west lawn.

Created by four Native carvers at the 1964 World's Fair in New York, the pole later traveled to the Nikiski refinery on the Kenai Peninsula. In 1991 it was donated to the University of Alaska Southeast and raised in its present location during 1993 under the direction of Woonch.Een, the UAS Native students organization.

Figures depicted on the pole are topped by standing on Wise Raven the sun. is an im- ure in local Native tradi- tion and ogized straight down is a human figure, recognizable by his human nose and mouth, holding a tináa, a symbol of wealth. Next is a man splitting a sea lion in half, depicting a Native story about a legendary strong man who saved his village by fighting a sea lion monster. Underneath him is a beaver, recognizable by his teeth and tail, signifying diligence.

The wisdom, wealth, strength and diligence shown on the pole can be reminders, goals or just interesting art. Take a minute to enjoy it and if you like it, there's much more Native art in the William A. Egan library, where you'll find a helpful guide to all the Northwest Coast Native art on display on the Juneau campus.



Photo by Dan Coleman
The UAS totem pole carved at the 1964 World's Fair overlooks the west lawn.

Native Student Center planned

By Ernestine Hayes
Whalesong Reporter

Plans for the campus' new Native and Rural Student Center are underway. The center will be used to provide a comfortable meeting and study area for members of the UAS Native students club, Woonch.Een, which means "working together" in the language of the original inhabitants of Southeast Alaska. Other students who need the relaxed atmosphere will be welcome. Office space for the Native and Rural students advisor will also be located in the center, in the Novatney Building where the Student Housing and Activities office was formerly situated.

Donated computers will be on hand

for the novice who needs to practice. A library and archives on local Native history are in the works. Club members are discussing an annual contribution to an art collection. A place to go for academic and social needs is the vision.

Pattie Adkisson, Academic Advisor and coordinator of the Native/Rural Student Program, is excited about the Resource Center. Previous activities of Woonch.Een include participating in raising the campus' totem pole during 1993, and last year's reception for Herman Kitka, a local Native leader.

Watch for flyers inviting you to the dedication of the new center, planned for late October.

JIRPers - who they are and what they do

Richard Marston takes the helm at the icefield program

By Ernestine Hayes
Whalesong Reporter

In his first year directing the Juneau Icefield Research Program (JIRP), Professor Richard Marston is excited by the opportunity to continue the work of Dr. Maynard Miller, who founded the ground-breaking effort 50 years ago.

"The top students in the country are attracted to this program," Marston said. "They're immersed in field science and surrounded by spectacular landscape. I'm proud and humbled to be able to carry on Dr. Miller's vision."

The program, known as JIRP and its members "JIRPers," attracts talented and motivated students each summer to the eight-week long program to conduct research on a variety of projects. These include measuring the rate of glacial movement and measuring the thickness of glacial ice like the Taku Glacier and its tributaries. Research has found these to be the thickest glaciers in a temperate environment. Another project involves studying botanical life on the many nunataks, peaks that jut up out of the glaciers.

Each July, 45-50 students congregate with seven staff members in Juneau for a week of preparation before hiking to the head of the Lemon Creek

Glacier, Camp 17. For 10 days, field methods, indoctrination, plus safety and survival techniques are learned. A two-day ski trip takes them to Camp 10, the main camp in the middle of the ice field, where lectures and field studies are conducted. Intense mentoring and one-on-one attention by faculty provide the strength of the program.

After completing the field work, students cross the ice field and leave via Llewellyn Glacier in Canada and come out in Atlin, B.C.

Actual fieldwork is one of the benefits of the program. Funding from the National Science Foundation helps sustain the program. During the winter, Dr. Marston seeks scholarships and pursues other program funding from sponsors such as NASA and the Environmental Protection Agency. He also finishes his research writing, tracks publications, and prepares for the next season.

Although this is his first year directing the program at UAS, he has been associated with JIRP since 1980. Before coming to Juneau, he taught at the University of Wyoming for 10 years and prior to that at the University of Texas at El Paso.

Dr. Marston is professor of Environmental Science at UAS as well as director of the Foundation for Glacier and Environmental Research. His



Photo by Dan Coleman

Crevasse class? Dr. Marston leads students to the head of Lemon Creek Glacier. Two weeks of field work taught them about subjects such as the rate of glacial movement and the thickness of glacial ice.

studies have taken him to Nepal, France, Mexico, and Brazil before moving to Juneau. He has published widely and is a member of many professional honorary societies, including the Explorer's Club and the Royal

Geographical Society. Marston said he was gratified by the community interest and support from Juneau businesses and has been impressed by the program's loyal alumni.

UAS welcomes former NASA scientist

By Ernestine Hayes
Whalesong Reporter

Randal Stahl, new instructor of general chemistry in support of the Biology and Marine Biology programs, sees the automation of methodologies in his field as a driving force in its progress.

The transition to an interdisciplinary focus now requires the student of chemistry to become familiar with other fields. This movement "from the bench to the field" creates a complex system for today's chemistry student. The technology now available, together with the use of computers, has transformed the field of chemistry, Stahl said. For example, an environmental chemist is now required to have a familiarity with the organisms living in the environment being studied. Dr. Stahl, in his previous work for NASA, evaluated plants as potential life support subsystems for the Lunar and Mars habitats.

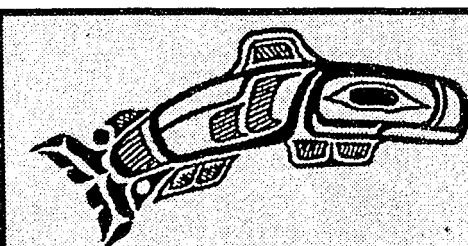
"What makes chemistry a lively field for me is the opportunity to work on problems that have an impact on society," Stahl



Photo by Dan Coleman
Randall Stahl is the new chemistry professor within the Biology and Marine Biology programs.

said. This outlook is evident in his background which includes research and collaboration on plant growth and development in low-pressure environments and the role of oxides in controlling chemical activity of metals in soil solution. Other interests are the feasibility of using plants that generate atmosphere, and the design, selection, and evaluation of systems to be used in simulated environments.

Stahl encourages those who wish to know more about chemistry to access the numerous resources available in the field on the Internet. For those who have specific questions that can't be answered on the Net, his e-mail address is JFRRS on the UACN.



Whalesong

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The Whalesong editorial staff assumes no responsibility for the content of material written by non-staff members. The views and opinions contained in this paper in no way represent the University of Alaska and reflect only those of the author(s). The editorial staff is solely responsible for content.

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Cafeteria

Continued from front cover

cated on the top floor, had to relocate downstairs to make room for the new cafeteria. The new bookstore requires a lot of space, not only for all the text books, but also because UAS wants it to have a cashier that can deal with class registration. The Mourant Committee soon realized that the Mourant Building does not have enough space to accommodate everything that the students want. Over the course of several meetings, the Mourant Committee listened to further demands placed on the building: Student government wanted recreational space for a video arcade, minority groups requested space for an inter-cultural center, and the Whalesong newspaper said that it needed an office.

During a meeting in the spring of 1996, Bruce Gifford managed to postpone consideration of these requests when he informed the Mourant Committee that Mourant Building changes would be on a "shoe string" budget. At the time, Gifford and committee members did not believe that UAS could acquire sufficient funds to implement all the changes that the committee wanted. Consequently, further discussion ended; the committee only agreed to proceed with construction of the cafeteria and bookstore. Everything else

(Whalesong office, student government office, new student lounge etc.), would remain in a status quo position. However, UAS got a pleasant surprise when construction bids on Mourant Building changes came in well under their previously estimated costs.

According to Assistant Student Services Director, Tish Griffin, UAS originally projected that total Mourant Building renovations would cost UAS about \$800,000.

"Shawn Paul said that 'administration decisions to go against committee recommendation strained relations between students and administration, but in the end we probably have the best solution we could have.'"

Griffin informed Whalesong that a bid came in that would complete all Mourant Building renovations for about \$500,000. When the Mourant Committee received this news, Bruce Gifford ordered the acceptance of a final design for all renovations to the Mourant Building. However, this final version differs somewhat from the one that the Mourant Committee wanted. Shawn Paul said that "administration decisions to go against committee recommendations strained relations between students and administration, but in the end

we probably have the best solution we could have."

This "best solution" puts student government offices and conference room on the back north side of the downstairs Mourant Building. Student lounge and arcade room will be on the back south side of the building. Student activities office, club space and the Whalesong office will be located along the back wall between stu-

dent government and the student recreation area. A student government receptionist and secretary will be located near the downstairs' entrance. These offices and recreation areas are tentatively scheduled to be in place sometime in November. They cannot happen any time sooner because another shift of UAS personnel needs to happen first.

The offices of the Chancellor, the Secretary to the Chancellor, the Administrative Services Director, and the Dean of Academic Affairs all need to be relocated to the Soboloff Annex. The Soboloff Annex

is really no more than two double wide trailers put together in an L configuration. Renovation has been on-going at this building as well, and is nearly finished. UAS officials remaining in the Mourant Building are slated to move to the Soboloff Annex in November. Once the chancellor, the dean and other administrators move to the Soboloff Annex, then final preparations can be made for a UAS student union to take over a portion of the Mourant Building. Throughout the course of the year, students will gradually see the completion of the Mourant Building. UAS promises to add a few more new features.

Besides the work that still needs to be done on the downstairs, a few attributes need to be completed upstairs. An area of the upstairs Mourant Building, which is currently still under construction, is slated to become a small coffee shop. UAS food service plans to lease an espresso machine for the coffee shop. Student government is also trying to get a few computers for the area. Another aspect of the Mourant Building is the banquet room located on the north side of the building. This area will be used for over-flow seating from the Mourant Cafeteria, but will retain the closed-off aspect so that it can be used for a private reception. Lastly, UAS will establish the Native and Rural Student Center in the current office of the Assistant Student Services Director.

Student shuttle to run again

Limited daytime service will be established between student housing, campus and the Anderson building

By Aaron Spitzer
Whalesong Reporter

The UAS student shuttle will run again, says University Director of Student Services Bruce Gifford.

The shuttle has not operated so far this semester, but student concerns over safety and transportation have motivated Gifford and other university officials to explore options for bringing the van back into operation.

"We're certainly going to have something that runs at least breakfast, lunch, and dinner," said Gifford. "We'd like to have an evening run, too." He indicated that the shuttle service would hopefully be available by the beginning of November.

Last spring, the University instituted a free, day-time van service which ran a continuous loop between the UAS main campus, the Anderson building on the West side of Glacier Highway, and the student residence halls. The service was established so that students would not have to cross the busy road in front of the Anderson Building, and to alleviate the park-

ing problem there.

But over the summer, the Chancellor's Cabinet, comprised of the university's Dean and Directors, decided not to offer the service again this semester. According to Director of Physical Plant Bob Green, the decision to discontinue service was based on the shuttle's low use last term. "Except during really foul weather, ridership was very slim," said Green.

It is true that shuttle usage last year was generally low. Based on a daily log kept by the driver, the shuttle transported an average of 44 people per day last term. On any given leg of any given loop, it thus averaged less than a single rider. Even on the shuttle's busiest day, when it carried a total of 100 passengers, it averaged fewer than two riders at any given time.

According to UAS Student Body President Shawn Paul, the statistics from the driver's log "may accurately represent the demand for the shuttle—but I think there's a chance that they don't." Paul, who lobbied for the establishment of the shuttle last year, is

skeptical of Green's explanation for the shut-down. "It sounds crass to say that they were putting money ahead of student safety," says Paul, "but that is what they were doing."

According to Paul, UAS officials told him that the service was stopped because it was simply "too expensive." Physical Plant accounts show that the University spent \$11,273 on the shuttle last term, or about \$3.54 per rider.

Paul noted several reasons why shuttle ridership may have been artificially low last year. He pointed out that the shuttle was started several weeks into the term, after students had already been forced to find other ways to get to class. Even then, noted Paul, during its first week the shuttle schedule conflicted with class times, further discouraging students from riding it regularly.

According to Shawn Paul, despite claims that the shuttle service was underutilized last semester, near the beginning of this term he was approached by several students who expressed concern over the shuttle's termination. In response, Paul placed

anonymous flyers around campus, alerting students of the discontinuation and encouraging them to lobby Bruce Gifford for the shuttle's reinstatement.

According to Gifford, direct student feedback from the flyers was low. Still, admitted Gifford, "I heard through the grapevine that there were people talking about it up in student housing."

When Gifford went to a September 20 Community Council meeting at the Lodge in student housing, this rumor was confirmed. The meeting was well-attended, and students expressed a variety of concerns relating to the cessation of shuttle service. Several students voiced apprehensions about walking between campus and student housing late at night. Others were worried about the dangers of crossing Glacier Highway to the Anderson building, especially with the approach of winter.

In talking with the Whalesong, Shawn Paul seconded these concerns. "I know I've slipped trying to get across to the Anderson Building in the

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Student government election results

By Crystal Huskey
Whalesong Reporter

The Fall 1996 student government elections were held on September 23rd and 24th, 1996. A total of 261 students voted, which resulted in the appointment of six student representatives. Those elected were Christopher Carrier, Rosie Gilbert, Crystal Huskey, Charlene Solem, Chris Tolvo, and Kelli Wood.

Due to lack of involvement, the election debate, which was held on September 20, 1996, bombed. The only people who showed up for the debate were the candidates. Lack of involvement by the student body was due to the debate being held in a classroom because the Mourant Building was under construction. Several students stated that if the debate had been held outside or in a more "student used area" then more students would have been aware that the debate was even taking place and would have gotten involved in the debate.

College students shortchanged on sleep, study finds

By Colleen DeBaise
CPS

CHICAGO—Tamara Hahn doesn't have time to sleep. Hahn, a 20-year-old junior at the University of Illinois at Chicago, juggles a full classload, softball practice and a part-time job at a sandwich shop.

"During the [softball] season, I get no sleep," says Hahn, as she spreads mustard on a roast beef sandwich. "It's hard to go to classes sometimes. It's hard to pay attention."

Weekends are a time to catch up on sleep, she says, although sometimes "I try to make up my sleep right after practice, but that's when I have to do work or study."

"It's really hard," she adds.

An increasing number of college students, like Hahn, are spending less time snoozing and more time feeling

tired and listless, according to recent studies.

In a report in the journal "Sleep," scientists speculate that Americans today are less well-rested and feel worse than their parents and grandparents. "The simple truth is contemporary Americans aren't getting enough sleep," said lead study author Donald Bliswe, director of the Sleep Disorders

Center at Emory University Medical School. "People prioritize all the time for work, family, nutrition, exercise and more."

The report compared the results of a mental health survey of 1,200 healthy adults living in the Midwest in the 1930s to those of 1,200 adults of comparable age, gender, area of residence and other factors 50 years later.

There is a surge in the number of people who report being fatigued,

which indicates they've had insufficient sleep, scientists said.

Another study indicates that women college students, in particular, are more likely to suffer from sleep deprivation than their male counterparts.

An Elmhurst College study of 82 college undergraduates found that similar percentages of women (53 percent) and men (58 percent) said they required seven to eight hours of sleep each night.

Sixty-percent of the men reported getting in seven to eight hours of snoozing. But only 38 percent of the women students said they got that much sleep, and slightly more than half (51 percent) reported sleeping less than 6 1/2 hours per night.

"Students, particularly women students, do suffer from sleep deprivation,"

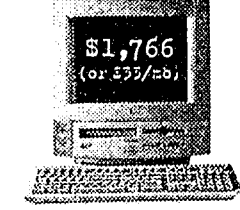
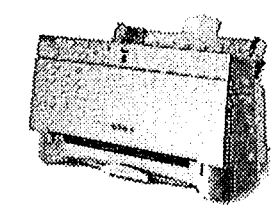
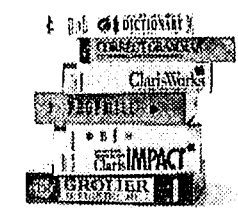
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It's Your First Year? I Had No Idea

By Margaret J. Berry

The California Aggie The University of California-Davis
DAVIS, Calif.—There are only two kinds of people who are happy about going back to class. Half of them spent the summer watching "Dukes of Hazzard" reruns in their underwear and the other half are first-year students.

While humming and skipping down the steps of the Chem building is a pretty sure sign that you're new to this whole college scene, sheer joy at being on campus is by no means the only dead giveaway.

Don't worry if you see a little bit of yourself in this list, all of us have been there.

- You call yourself "basically" a vegetarian, even though you still eat chicken and fish.

- You own several "baby tees" with insightful icons or single-word statements displayed on them and little plastic barrettes are a staple accessory for you.

- You are currently making an attempt to grow facial hair in an utterly misguided quest to appear more mature and attractive to the opposite sex.

- You save alcoholic beverage containers the way a hunter would mount the

head of a particularly exotic kill.

- You wake up more than an hour before class because you need the grooming time.

- You plan on getting something pierced this week.

- You've joined so many clubs you won't have time for homework because your R.A. told you it's a great way to meet people.

- You recently wrote a poem about lifetime transitions that included the word "loneliness."

- You awaken in a lecture hall with your cheek in a puddle of drool because your hall was partying on Sunday night.

- You found a new soulmate . . . yesterday.

- All of your underwear is pink.
- You avoid eating at the student union because the lines confuse you.

- You think mochas count as coffee.
- You're flunking Chemistry 2A and you don't even know it yet.

- You think RSVP is kinda cool.
- Your roommate and her boyfriend have discovered sex and frequently engage in it while you're asleep.

- You'd be willing to part with some serious cash and possibly an expendable body part for a fake ID.

- You've put some deep reflection into every poster on your wall and asked yourself, "What does this say about me?"

- Your answering machine message is about five minutes long. It includes at least one sentence spoken in unison with your roommate, a 30-second musical interlude, and a reference just obscure enough so that you, your roommates and your intimate friends will think it's hilarious and the rest of the world will think you're a psychopath.

- You still have this message on the machine when a potential employer calls about what could have been your first college job.

- You type up your notes after class and no one's paying you to do it.

- You honestly believe the guy you're chatting with online when he says he looks like "that guy who plays Superman on the new show."

- You spend more time writing e-mail than you spend sleeping.

- You have pretended to be drunk so you could get a ride home with Topsy Taxi.

- You have pretended to be drunk.
- You rarely cut class for the first few weeks because you're afraid somehow your parents will find out.

- You think the fact that there's a creek running through campus is "really cool!"

- You find yourself doing errands in groups of five or more, on a weekly basis.

- You're concerned when you go to

your professor during her office hours, and she doesn't recognize you.

- You are enrolled in one or more of the following classes: Cultural Anthropology, Comparative Literature, Psychology 101, Entomology or Human Sexuality.

- You firmly believe you will graduate in four years.

- You're not too worried about how you'll be paying off the \$5,000 in loans you just accepted even though you're a medieval studies major.

- You think roommates should be best buddies, too.

- You don't see any problems with letting people you just met borrow your CDs and clothing.

- You're on an intramural team with an oh-so-clever name like, "Kick Your Butt."

- You eat cereal at least three times a day because it's the only dining option you recognize.

- You think that getting a job to earn a little extra cash would be pretty fun.

- You sleep in a bunk bed.
- You sit in the very front or the very back of a lecture hall.

- You actually check your mail box everyday and expect to find more than junk mail.

- You're still figuring out this whole checking account thing.

- You're applying for credit cards based on the quality of the giveaway item.

- On Saturday night you "freaked" with someone on the dance floor at a party. You were sober.

- You're still pre-med.

Oddball Scholarships Search For Students To Fit Their Mold

By Colleen DeBaise
CPS

LEWISBURG, Pa.—All four years at a Pennsylvania high school, Jennifer Parisella ran varsity track and cross country, and urged her teams on as a cheerleader. Now she's trading in her running sneakers and pompons for free tuition at Bucknell University.

Parisella, a 17-year-old freshman, won an unusual Bucknell scholarship for Mt. Carmel (Pa.) High School graduates who promise not to smoke, drink or "engage in strenuous athletic contests."

Without the rather unusual award, Parisella couldn't afford the \$26,000 yearly price tag at Bucknell, her first choice for college. "It was tough coming here [but] they offered me an unbelievable deal," she said, adding that even her books are covered. "I'm not paying anything to go here."

Every year, hundreds of oddball endowments like the Bucknell scholarship are offered to college students who might not fit the traditional mold of high school valedictorian of superstar athlete.

The scholarships may be wacky and weird, but they'll put cold, hard cash in your pocket...if you're the right candidate.

At North Carolina State University, students can win \$8,000 each year if their last name is Gatlin or Gatling. Whirly Girls Scholarships worth \$2,000 are awarded to women pursuing careers as helicopter pilots.

There's college scholarships for dwarfs, fat people, veteran golf caddies, left-handed freshmen and even children of parents who host Tupperware home parties. The David Letterman scholarship at Ball State University is for a telecommunications major with an "average yet creative" mind.

For a short while, there was even a scholarship for a "lady of the night." The award stemmed from a judge's efforts to clear Seattle's streets by giving prostitutes a cash incentive to trade night work for college courses. The scholarship bombed, most likely because women had to be convicted and acknowledge it in their applications.

Another award ran into trouble because of its unsightly name. For a while, the International Boar Semen Scholarship offered \$500 to Future Farmers of America who planned to study swine management.

"There was a lot of protest over that one," said Joe Gargiulo, public relations director at National Research Scholarship Service, which compiles an annual "Top 10" list of strange awards. "But they just changed the name."

In some cases, what is perceived as an "unusual" scholarship is simply an award created by a university alumnus desiring to help a student very much like him or herself, according to Gargiulo.

"Good students, and medical, dental, law and psychology [students] are all pretty well-covered," he said. "Then, all of a sudden, take a person like me."

Gargiulo, a first-generation American, grew up with an Italian father and a Mexican mother and often drew fire from teachers because he couldn't read or write English well. "If I were to give a scholarship," he said, "I'd be interested in another person who had problems with the language."

You would say 'that's unusual.' Not to me it isn't."

That's the case at Bucknell, where the scholarship for teetotaling, non-athletic types was donated by a frugal bachelor named Joseph Deppen who lived with his sister, an unmarried woman named Gertrude. Both were Bucknell alums who weren't on any sports teams.

Upon his death in 1963, Deppen left \$1 million to the university for students who are not "habitual users" of alcohol, tobacco or narcotics and who "shall not participate in strenuous athletic contests."

The university considers "strenuous athletic contests" to be varsity sports, said Kathie Dibell, associate director of public relations at Bucknell.

"If a student wants to play a weekend game of golf or tennis, or go bowling, he or she can still be a Deppen scholar," she said.

At Juniata College, the Beckley award is given to a student who is needy, academically eligible and left-handed. According to the college, the fund was started by Mr. and Mrs. Frederick Beckley, two southpaws who fell in love after they were paired together on Juniata's tennis team.

"As a member of Left-handers International once noted, 'The only American institution that currently favors left-handers is the highway toll booth,' the college said in a statement. "With the Beckley award, however, this overlooked minority will find at least one educational institution behind them."

Unusual gifts, in fact, are nothing new to Juniata. The late Will Judy, publisher of Chicago's "Dog World" magazine, donated funds for a room in Juniata's Leshar Hall in honor of his "titian-tressed" wife. The dorm room is still reserved for red-headed students only.

At North Carolina State University, a full scholarship awaits students whose last names at birth are Gatlin or Gatling. Not surprisingly, the fund was created by engineer named John Gatling, who bequeathed the money in the 1960s "to raise the level of the name," said Pat Lee, director of merit awards and special scholarships at the university.

Currently, about 14 students at North Carolina State are Gatling scholars.

As long as the student remains academically eligible, he or she can expect the scholarship to be renewed each year, Lee said.

Each year, as availability allows, the \$8,000 scholarships are dolled out to upperclass Gatlings, then to freshman Gatlings, Lee explained. But there's not much bending of the rules, she said.

"If a woman was born a Sullivan but married a Gatling, that won't help her out," she said.

The opposite is true at Harvard University and Radcliffe College, where need-based scholarships are earmarked for students whose last names are Anderson, Baxendale, Borden, Bright and Murphy.

Alumni also have donated funds for students "from every state in the union and just about every country," said Kathryn Vidra, in Harvard/Radcliffe's financial aid office.

But for the most part, the scholarships are unrestricted, which means if no needy Baxendale has applied, then "we have the okay from the donors to spend the money

on other qualified students," Vidra said.

She stresses that students must apply for admission and qualify for financial aid before the university even begins to match them up with donated funds.

Sometimes, the office gets calls from students who say "my name is Murphy and I heard I can go to Harvard for free," says Vidra. "That's really not how it works."

Although they attract much attention, oddball endowments are the exception, not the rule.

"We have 250,000 listings," said Gargiulo, of the National Research Scholarship Service. "This only represents one percent."

Although, today's college students might want to consider such endowments if they're ever in a position to donate money, he said.

"The unusual ones get attention and they're unique," he said. "You can also honor the reason why you're giving it. Then you can kind of feel a part of it."

To find out more about unusual scholarships, he suggests:

- Go to your library's reference section to find books with scholarship listings.
- Ask your financial aid officer if they have a list of awards and scholarships.

- Purchase a scholarship book at your local bookstore and go through it.
- Use a reputable scholarship search service and list your unique qualities.

Although, experts advise buyer-beware. Be cautious of giving your social security number out, and paying an up-front fee. Also, check into

Internet-based services, some of which do not charge a fee.

Weird Scholarships Top 10 List

By College Press Exchange

The National Research Scholarship Service compiles an annual "Top 10" list of strange awards offered to college students. Here's a few oddball endowments that have made the list:

- The Women's Western Golf Foundation has \$2,000 a year awaiting female high school seniors who are U.S. Citizens and who have high academic standing, financial need and an involvement with golf. Skill is not a criterion.
- A Fragrance Research Fund grant of up to \$50,000 is available to clinical psychologists doing post-graduate research in aroma-chology.

- Arts Management Ltd. offers \$12,000 to any Australian woman painter whose portrait is judged best. Recipients can use the Portia Geach Memorial Award for anything they want.

- The International Union for Vacuum Science's Welch Foundation Research Scholarship offers up to \$12,300 for post-graduate students doing research in vacuum science.

- American high school seniors in the top 25 percent of their class who have been golf caddies for the past two or more years can apply for an Evans Scholarship Program through the Western Golf Association. The award pays full tuition and housing.

- For graduate students interested in doing research on crossbows, shillelaghs, muskets and other antique weapons, the American Society of Arms Collectors offers the \$5,000 Antique Weapons Research Fellowship. Applicants must be willing to write a scholarly report that would be published in the society's bulletin.

- Students whose last names are Anderson, Baxendale, Borden, Bright or Murphy may qualify for Harvard Radcliffe Scholarships.

- For women flyers who prefer helicopters, International Women Helicopter Pilots/Whirly Girls Scholarships grant \$4,000 to encourage careers in vertical flight.

- The Mycological Society of America offers \$1,000 to Ph.D. candidates at U.S. or Canadian universities who are interested in the study of fungus.

- For a left-handed freshman enrolled at Juniata College and who needs the money, Beckley Scholarship Foundation offers \$700.

- For graduates of Mt. Carmel High School who don't drink, smoke, play rough sports or live anywhere but Mt. Carmel, Pa., the G.J. Deppen & Voris Auten Teetotaling Non-Athletic Scholarship Fund offers scholarships for all areas of study at Bucknell University.

- High school seniors and undergraduates with the surname of Gatlin or Gatling might want to take a shot at the John Gatling Scholarship Program which offers full scholarships up to \$8,000 at North Carolina State University.

- For students whose ancestors put their John Hancock on the Declaration of Independence, Descendants of the Signers of The Declaration of Independence Scholarship/Grant Program offers grants of \$800 to \$1,000 for all areas of study.

- The David Letterman Telecommunications Scholarship Program could pay your way to graduation at Ball State University if you are a junior telecommunications major with an "average yet creative" mind.

- Tupperware Home Parties scholarships are available for undergraduate study to Tupperware dealers, managers and their offspring.

- Are you a little out of shape? The New England Chapter of the National Association of Advance Fat Acceptance offers \$500 to high school seniors who will be going to college and who are fat.

- Valparaiso University in Indiana offers scholarships to sets of twins who will be attending the university. One twin gets a free ride through school with full tuition paid.

- The Billy Bartle Foundation offers \$2,000 scholarships for people of short stature, with no limit to what you can study.

Unconscious Can 'Think' But Not About Popcorn

By Reuter

WASHINGTON (Reuter)—The unconscious human brain is capable of registering subliminal messages flashed on a screen but not well enough to follow commands like "Eat popcorn," research psychologists said Thursday.

The experiments established that the brain can perceive a simple subliminal message, which can very briefly influence subsequent conscious perception.

But from what the researchers have learned so far it appears the message must be an extremely simple one and the effect lingers for about a tenth of a second, not long enough to influence or manipulate behavior.

"Think" is too strong a word for what the unconscious can do — it can analyze meaning of a single word," said University of Washington psychologist Anthony Greenwald, whose findings appear Friday in the journal Science. His research also fits into the larger ongoing debate between cognitive psychologists like himself and the psychoanalytic ones.

Cognitive ones believe the unconscious mind is rather limited, if not downright dumb. The psychoanalytic ones share Sigmund Freud's belief that the unconscious mind is capable of complex and powerful mental operations.

Greenwald's experiment involved flashing a string of 15 consonants, followed by a word or name, and then

another string of consonants across a computer monitor, forming what Greenwald called a "subliminal sandwich."

Then a word or name — without the accompanying nonsense letters — was flashed on the screen. The subject in the experiment had to determine whether it was a male or female name or a pleasant or unpleasant word.

When the "sandwiched" word was in the same category as the single word display, the subject recognized and categorized the word more quickly than if it was not. The subliminal "priming" sped up the recognition of subsequent words.

For instance, if "David" was in the sandwich, the subject was quicker to recognize the category of "Kevin" than to do the same for "Sarah." The mind was "primed" to see and recognize a boy's name.

When names or words were presented without the sandwich preceding them, response time was 0.5 or 0.6 second. With the "priming," subjects could respond in 0.4 second, he said.

"It's like swinging at a fast ball — you do better when you know where it's coming from," Greenwald said. "The subliminal sandwich is like a hint of where the fastball is coming from. They can't see it but they get that subliminal hint and they start leaning, male or female."

In his experiment, the priming effect was too brief to lend itself to any significant conditioning or manipulation.

If further research shows such subliminal responses could "accumulate and work like a conditioning procedure," it could have some potential for advertising or influencing behavior, but Greenwald said he doubted it would go undetected in an era when videos could be viewed frame by frame.

"It is potentially usable for manipulation but not in the 'Drink Coca-Cola,' 'Eat popcorn' sense," he said.

He said his prior research also showed that self-help tapes that boast of subliminal messages do

not work, although they might have a placebo effect. People who think they are being taught subliminally to lose weight or concentrate may, in fact, lose weight or concentrate better, he said.

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Movie Reviews

Chris and Ryans take on whats playing now in Juneau

The Island of Dr. Moreau is based on an H.G. Wells book. It's the story of Douglas, a shipwreck survivor, who is brought to the island of Dr. Moreau (Marlon Brando) by Montgomery (Val Kilmer), the doctor's drug-addicted neurological assistant. On the island he is soon exposed to the bizarre genetic hybrids that are the result of Doc Moreau's pursuit of a perfect human.

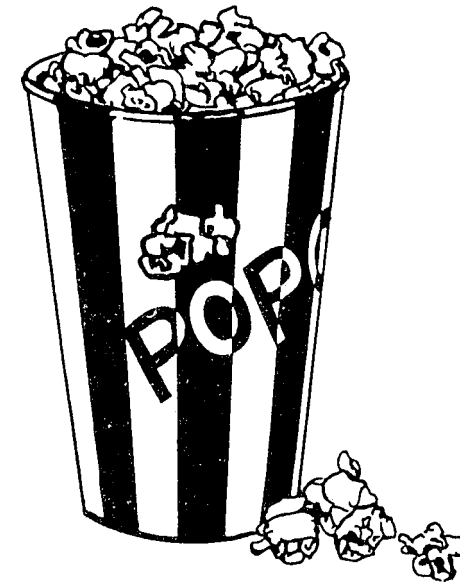
Ryan: The only time I've ever liked Marlon Brando is when he was mentioned in the Neil Young song "Pocahontas." The part of Dr. Moreau could have just as easily been played by Marlon Wayans.

Chris: I don't know what Ryan is talking about. Brando did a fine job with the limited role he had. I guess I sort of agree just in that I suppose anyone could have played the part.

Ryan: All I'm saying is that the role would have been better played by a young actor with at least some future. Instead of by an aging cultural icon who is more notable for his immense girth and derogatory remarks about Jews than for his acting.

Chris: That's pretty much the stupidest thing I've ever heard. Bashing Brando's just plain wrong (offensive comments aside), and I don't even know who the hell Marlon Wayans is.

Ryan: I'm not going to comment on Chris's unfounded defense of a dying star or his ignorance of one of the younger members of America's premier comedic family. Instead I have a question to ask. Why did Val Kilmer want this role? All he is doing is rehashing his Jim Morrison impression, and I for one got more than enough of that from the Doors.



Chris: I'm forced to agree with my opinionated colleague in that anyone involved with this movie wasted their time, and especially anyone with as good a name as Kilmer or Brando. I think the characters in the film were just so lousy that their wasn't much for an accomplished actor to add.

Ryan: The end of this movie saves it, making it something more than a middle of the road sci-fi movie. As to exactly what it becomes I don't know, but at least it is interesting enough to keep me wondering. Remember the purpose of art is not to answer but to raise questions (thank you Don Cecil). Chris: The end was pretty damn bizarre. I think they did an adequate job of balancing the philosophical points raised in H.G. Wells' book with a fair amount of action. It wasn't great, but did entertain and even left thinking about a few things. I suppose I'd recommend it, but not to everyone, and my advice overall is to wait for the video. It's definitely not worth the \$7.50.

An evening of comedy with **Steve Landesberg** (from Barney Miller 1976-1982)

JDHS Auditorium
Saturday,
October 12
7 p.m.

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\$10 Student w/ID

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UAS Cashier, Hearthsides
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Entertainment

Comedy:

"You can't pretend to be serious, but you can't pretend to be witty," Oscar Wilde once said. Comedian Steve Landesberg is not pretending. The word on the street is that he's bust-a-gut funny, and he's headlining this weekend's Oktoberfest celebration. Landesberg will be doing his stand-up bit in the JDHS Auditorium, October 12, at 7 p.m. Advance tickets (available from the UAS Cashier, the Juneau Chamber of Commerce, and Hearthsides Books) are \$15 for adults and \$10 for students w/ID. Tickets at the door will be \$18.

Drama:

Perseverance Theatre's production of Arthur Miller's "Death of a Salesman," directed by Molly Smith, will run through October 13 on Perseverance's mainstage, 914 Third St. in Douglas. Tickets (\$15-\$20 for adults and \$13-\$18 for students) are available at Big City Books downtown and Hearthsides Books in the Nugget Mall. (See review this page).

Film:

John Schlesinger's "Cold Comfort Farm" is based on British novelist Stella Gibbons' Wodehouse-esque novel of the same name. The film follows urbane orphan-girl Flora (Kate Beckinsale) as she moves in with her agrarian relatives at their eponymous Sussex homestead. "Farm" has drawn warm reviews as an "exquisitely droll, tongue-in-cheek fairy tale" (National Review) and a "withering satire of rural inanity" (New Yorker). Presented by the Juneau Arts & Humanities Council, 7 p.m., JDHS Auditorium. Tickets are \$6 for adults, \$3 for students and seniors, and are available at the door.

Museums:

An opening reception for the Alaska Artist Solo Exhibition series will be held on October 11 from 4:30 to 6:00 p.m. at the Alaska State Museum, 395 Whittier Street. Serving as co-presenters will be the first two artists featured in the exhibition, Scott Chambers and Jane Mayhook. Chamber's slide, still photograph, and video installation "The New Family Portrait" will be on display from October 11 through November 23, as will Mayhook's collection of pigment and acrylic paintings, "Shadow Boxing." Admission to the State Museum is \$3.

An opening reception for the exhibition "Our Weakening Web: The Story of Extinction" will be held on October 19 from 1:00 to 3:00 p.m. at the Alaska State Museum, 395 Whittier Street. The exhibit, organized by the

Cincinnati Museum of Natural History, employs a range of displays and interactive media to address the issue of extinction. It runs from October 19 through January 4. Admission to the State Museum is \$3.

Music:

It's not a Bavarian Alp, exactly, but Mt. Roberts will have to do. As part of Oktoberfest, the Juneau Chamber of Commerce announces Mozart at the Mountain, October 13, 2 p.m., at the Tram Station. Refreshments will be served. Tickets are \$10, available from the UAS Cashier, the Juneau Chamber of Commerce, and Hearthsides Books. Tram rides will be an additional charge.

Other:

Beer, oom-pah music, and Bavarian dancing will be among the bacchanalian indulgences at this Friday's Oktoberfest Celebration, October 11, 9 p.m., in the Nugget Mall. Tickets are \$15, or \$25 per couple, and are available from the UAS Cashier, the Juneau Chamber of Commerce, and Hearthsides Books. Must be 21 or older to attend.

Movies
playing the weekend
of October 11th

**20th Century
Twin
(Downtown)**

**The Island of Dr.
Moreau
7:15 p.m.**

**A Time to Kill
7:20 p.m.**

Glacier Cinema

**Matilda
7:15 p.m.**

**Jack
7:10 p.m.**

Call 463-FLIX for info.

Perseverance Opens Season With Bang-up Production of "Salesman"

By Aaron Spitzer
Whalesong Reporter

In the current Perseverance Theatre production of "Death of a Salesman," the suicide car of tragic hero Willy Loman does not appear on stage. If it did, its mudflaps would read "North to the Future."

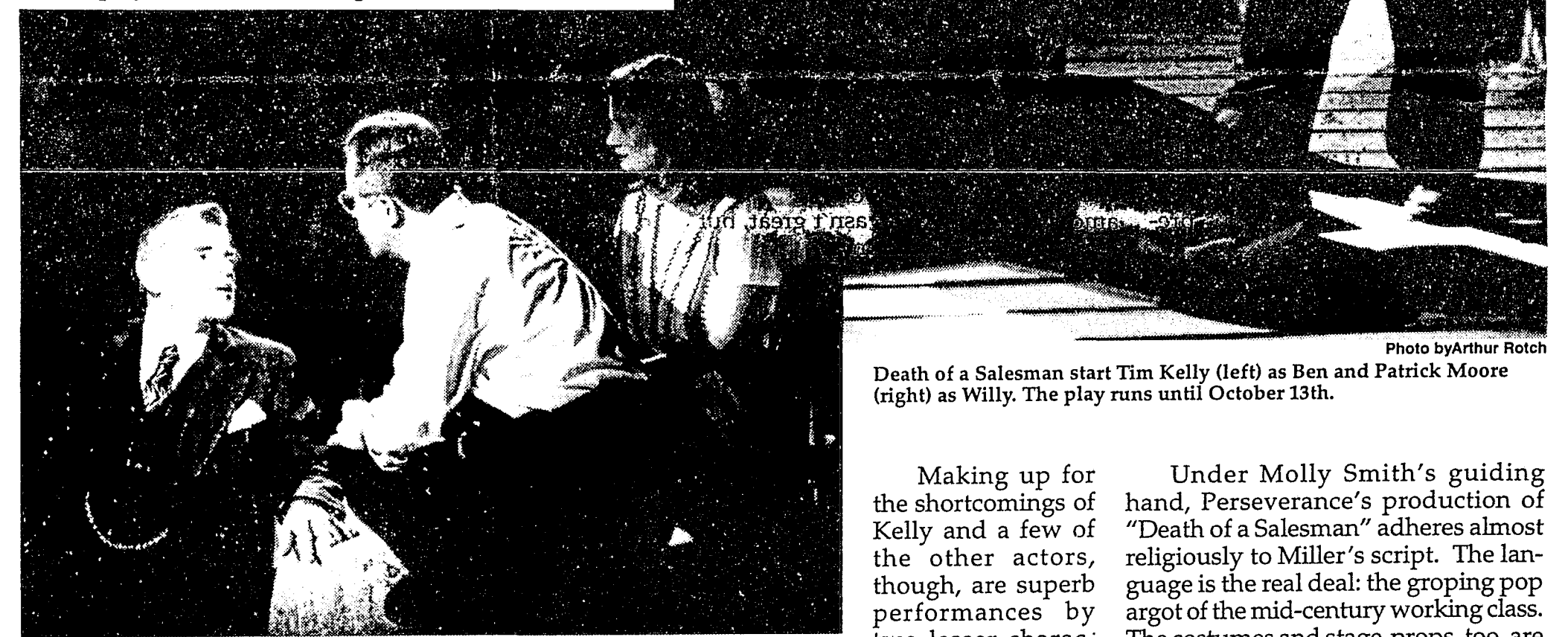
Years ago down South, when I first saw Arthur Miller's Pulitzer-winning "Salesman" performed, I didn't notice the references to Alaska. But, in the front row of the intimate Douglas playhouse on opening weekend, there they were: "Opportunity is tremendous in Alaska," says Uncle Ben to Willy Loman. And at a different time: "Screw on your fists and you can fight for a fortune up there." And Willy Loman himself laments, "If I'd gone... to Alaska that time, everything would've been totally different."

When these lines were read, the audience around me laughed nervously. I imagined them thinking, "No, Willy, it wouldn't have been different. It hasn't been." And such is the irony and increased tragedy in watching "Death of a Salesman" in Alaska. Miller's most famous play has been called an "epitaph for the American dream," and while Willy sees the North as the promised land, it is such dreams which swell the Glory Hole each summer. The dream is dead here, too, or maybe never lived. For whichever reason, "Death of a Salesman" is as poignant in Juneau as in New Jersey, where play is set.

The idea behind "Death of a Salesman" is simple. It is the story of the fall of Willy Loman. Willy is a travelling salesman who has bought into the

great American myth; bought it so totally that he doesn't realize that it, like his Chevrolet and his Hastings Refrigerator, is defective. Down deep, he fears that the defect is in himself. He knows that he's not what America demands that he be: wealthy and "well-liked." Throughout his life, though, Willy has taken elaborate measures to convince himself and his family otherwise. When his son Biff comes home from the West, determined to tell Willy the truth about both of them, the old salesman's fabrication begins to fall apart. And Willy Loman falls apart with it.

Go see "Death of a Salesman." It is a deserved classic of the American stage, and director Molly Smith and her cast have done it justice. Perseverance veteran Patrick Moore, as a paunchy and mustachioed Loman, successfully captures the alternating grandiosity and self-loathing of the salesman as his failing fortunes drive him to madness. Staggering and sour one moment and exuberant the next, Moore weaves Loman's gritty reality with the sunny surrealism of his glorified remembrances. His performance is wrenching and memorable.



Death of a Salesman start Tim Kelly (left) as Ben and Patrick Moore (right) as Willy. The play runs until October 13th.

Making up for the shortcomings of Kelly and a few of the other actors, though, are superb performances by two lesser characters. Joan Cahill, in her alleged stage debut (I'm skeptical), portrays Willy's gin-soaked temptress, The Woman. In the past, I have felt this character to be a mistake on Miller's part—as if Willy needed an affair to precipitate his tragedy; as if his insupportable dreams weren't seductive enough. But never mind. Cahill's Woman is impossible to dislike. She's a show-stopper, radiating danger and a haunting sensuality.

Equally strong is Charles Caldwell, who performs as Willy's wise, affable neighbor, occasional enemy, and "only friend," Charley. Even in short pants, Charley is twice the man as Willy Loman, and his pity and exasperation concerning the salesman are palpable. Caldwell is a natural in the role—and his East Coast accent rings true. Much to his credit, Caldwell handles the purple prose of Miller's closing monologue with grace.

Under Molly Smith's guiding hand, Perseverance's production of "Death of a Salesman" adheres almost religiously to Miller's script. The language is the real deal: the groping pop argot of the mid-century working class. The costumes and stage-props, too, are of the period. And while one might complain that these old-fashioned elements set the play too squarely in by-gone days, on the evening I attended, Miller's themes—enlivened so powerfully by the Perseverance cast—were in no danger of being restrained by time-frames.

One part of Miller's script was altered, though. Where Miller opens "Death of a Salesman" with Willy trudging into the house, defeated, the Perseverance show prefaces this action with a sweep of headlights and the growl of a parking car. A small touch, perhaps, but it beautifully bookends the play. It sets the stage, literally, for the drama's tragic finale: the roar of a suicidally accelerating Chevy. The Chevy has a bumper-sticker, I imagine, which reads "Alaska or Bust." For Willy Loman, there's no choice anymore. And he busts.

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The Great Book Debate: One Man Returns To The Frontlines

By Jill Kirk CPS

Thirty years after entering Columbia University, David Denby decided to take the same classes he took as a freshman.

But what inspired a 48-year-old man, with a wife, two kids and a crazed career schedule to return to his alma mater to retake the courses in Western classics he first took in 1961?

In short, Aristotle, Shakespeare, Virgil and Rousseau.

After spending several years observing from the sidelines the culture debates on college campuses, Denby, a prominent New York film critic, wanted to see for himself how relevant are the Western classics in the multicultural United States.

For the past decade, a debate has been raging on many campuses: What role should the Western classics play in the educating today's students? Should groups formerly without much power—women, as well as minori-

ties—be asked to read through a curriculum dominated by works of Dead White European Males?

Denby decided the best way to sort out these questions was to go to the front lines, the classroom, and read. "What was the actual experience of reading such books?" Denby said. "What did one get out of them? What pleasure, what anger, what excitement and anguish? Most of all, what was in them? How could they cause such rage in women, African-Americans, radical academics, and such complacent triumphalism in conservative male politicians? What were we talking about here?"

Denby spent a year at Columbia, retaking Literature Humanities and Contemporary Civilizations. The result is his new book, "Great Books, My Adventures With Homer, Rousseau, Woolf, and Other Indestructible Writers of the Western World."

Though Denby said he came to enjoy his two semesters immersed in intensive reading, at first he found it a difficult adjustment. In his everyday course of reading to be informed, rather than be educated, Denby realized he was losing his ability to really read. He had lost the skill as well as the interest to savor the written word, to relish the companionship between reader and book. In addition, the furious flow and instantaneous access of

Continued on page 12.

Student Shuttle

Continued from page 5...

winter. I've talked to students and professors who have too." Paul expressed even more concern regarding the issue of getting from campus to the residence halls after dark. "Some things have happened recently in Juneau that didn't use to happen," said Paul, citing a well-publicized sexual assault not far from campus last year.

The student response at the Community Council meeting was strong enough to convince Gifford of the need for a shuttle this semester. While Gifford stated that "we're not going to have an hourly shuttle like we did last year," he expressed certainty that a limited day-time service would be established between student housing, campus, and the Anderson Building, hopefully by early November.

When asked whether UAS planned to institute a night-time service or an expanded winter service as well, Gifford replied "we're going to have to work up to it." Gifford said he personally believes that a night shuttle is more important than a meal-time shuttle, but stated that after-hours staffing considerations, as well as funding limitations, are complicating the prospects for a night service.

Indeed, the specifics of the funding of the proposed student shuttle are still sketchy. According to Bob Green, the cost of last year's shuttle was to be shared equally by Physical Plant and Housing, though Physical Plant provided all the initial funding. Concerning this year's proposed shuttle, said Green, "if the van only serves the housing population, my personal view is that Housing should cover the cost of it."

"I don't like that," said Gifford, in response to the suggestion that Housing alone should fund the shuttle. Gifford explained that off-campus students would likely use the service as well, especially to get from campus to the Anderson Building. If the shuttle's expenses came solely out of the Housing budget, those students would literally be getting a free ride.

Shawn Paul, too, disagreed with Green on the funding issue. In Paul's view, because the Physical Plant is in charge of student safety and security, the funding for a shuttle should logically come out of the Physical Plant budget.

Regardless of who covers the shuttle's expenses, UAS officials are exploring cost-saving measures to keep this year's shuttle costs to a minimum. One proposal is that the University switch to a smaller, more fuel-efficient van. Another possibility is hiring several student workers as part-time drivers, instead of having a single, higher-paid staff driver like last year.

Several theories have been advanced for why shuttle demand is apparently higher this term than last. According to Bruce Gifford, the proportion of on-campus students without cars is larger this year, likely due to the increase in out-of-state students. Paul, noting that it is mainly women who have voiced concerns about night safety on campus, pointed out that the female population in student housing is particularly high this year. Also, noted Bob Green, student demand for meal-time shuttles to and from the residences may also increase with the opening of the Moutant Cafeteria.

Pizza for breakfast?

It's better than nothing, says nutritionist

By Colleen DeBaise
CPS

CHICAGO—Kim Delaney never skips breakfast.

"If I don't eat breakfast, I'm just done for," explains Delaney, a sophomore at North Park College.

Usually she eats a bowl of cereal in her dorm room, even when "I only have two seconds to eat," she says. "Otherwise I get too... starving, and then I can't concentrate."

On the rare occasion when she stops into the dining hall, she steers clear of grease, Delaney says. "I don't like to eat fatty, greasy stuff in the morning," she adds. "I definitely wouldn't go for a greasy hashbrown."

But not everyone is as vigilant about eating breakfast as Delaney is. Many Americans skip breakfast altogether or grab leftover pizza, cookies or soft drinks as they race out the door in the morning, a new survey says.

In a one-month period, 36 percent of Americans ate leftover pizza for breakfast; 8 percent ate cookies; and 29 percent started their day with soft drinks, according to a nationwide telephone survey conducted by General Mills.

At the same time, 59 percent of the 503 adults surveyed said breakfast was not their most nutritious meal. Lack of time was the main reason people gave for skipping breakfast or grabbing leftovers.

Yet despite what Americans say they eat—or don't eat—at breakfast time, 99 percent of those surveyed said they believe nutrition should play a key role in their morning meal.

"The [survey] revealed that breakfast foods for today's lifestyles need to not only be fast and convenient—to meet hurried lifestyles—but must also be nutritious, healthy and taste good," says Rich Pond, marketing manager at General Mills.

For those on the fly, General Mills suggests making time for breakfast by setting the alarm clock five minutes earlier and by getting clothes and other things ready the night before.

Many college students, however, complain that their busy workloads don't allow time to eat. For University of Iowa

freshman Sharon Monaghan, a hectic morning schedule prevents her from eating a good breakfast in the dining hall.

Her morning starts with a scramble to make a 7:30 a.m. class, followed by an 8:30 a.m. class and a 9:30 a.m. class.

"And by then, breakfast is over," she complains.

But nutritionists advise: fit your morning meal in when you can.

"Breakfast does not have to be right when you get up," says Michele Lawford, chief consultant dietitian for Michigan Nutrition Consultants. "It can be anytime between when you get up and your noon meal."

For students who are too rushed in the morning, or too physically nauseated to eat as soon as they get up, she recommends that they sit down at 10 a.m. or so and have a bagel.

"Skipping breakfast is actually considered a 'fat' habit," she says. "People who skip breakfast tend to eat more at the end of the day. They justify it by saying, 'Oh, I didn't eat breakfast.'"

In fact, it's better for students to eat leftovers like pizza—which has all the food groups—rather than skip breakfast, she says. "Pizza actually is a great choice for breakfast," she adds. "Have a piece of fruit with it."

A person also doesn't have to give up traditional eggs and bacon altogether. "Anything is fair game for breakfast," Lawford says.

But some breakfast foods are more nutritious than others. A student must choose wisely when eating in a dining hall with a wide array of breakfast options. Generally, "stay away from breakfast meats," she warns.

Instead, choose less fatty foods, such as oatmeal, yogurt, whole-wheat toast or a bagel topped with peanut butter, she suggests.

Eggs are a good option two or three times a week, and so is cereal with low-fat or skim milk. Although, "granolas can be sources of hidden fat," she warns.

For students who just want to keep something in their dorm room, she recommends low-fat boxed granola bars and bagels.

Also, "peanut butter keeps very well in the dorm room," she adds.

Lack of Sleep

Continued from page 5...

says Dr. Kathleen Sexton-Radek, chair of Elmhurst College's psychology department.

Women went to bed earlier during the week, but stayed up later on weekends than did men in the study. During the week, while about half of the men and women in the sample went to bed by 11 p.m., more than 20 percent of men reported staying up past midnight as compared to only 1 percent of the women.

But on weekends, the tables turn. About 40 percent of the men were in bed by midnight and 80 percent by 3 a.m. Only 20 percent of the women students were in bed by 1 a.m., and 60 percent by 3 a.m. Women also were less likely than men to take a nap to make up the difference and more likely to be up on weekdays by 8 a.m. than men.

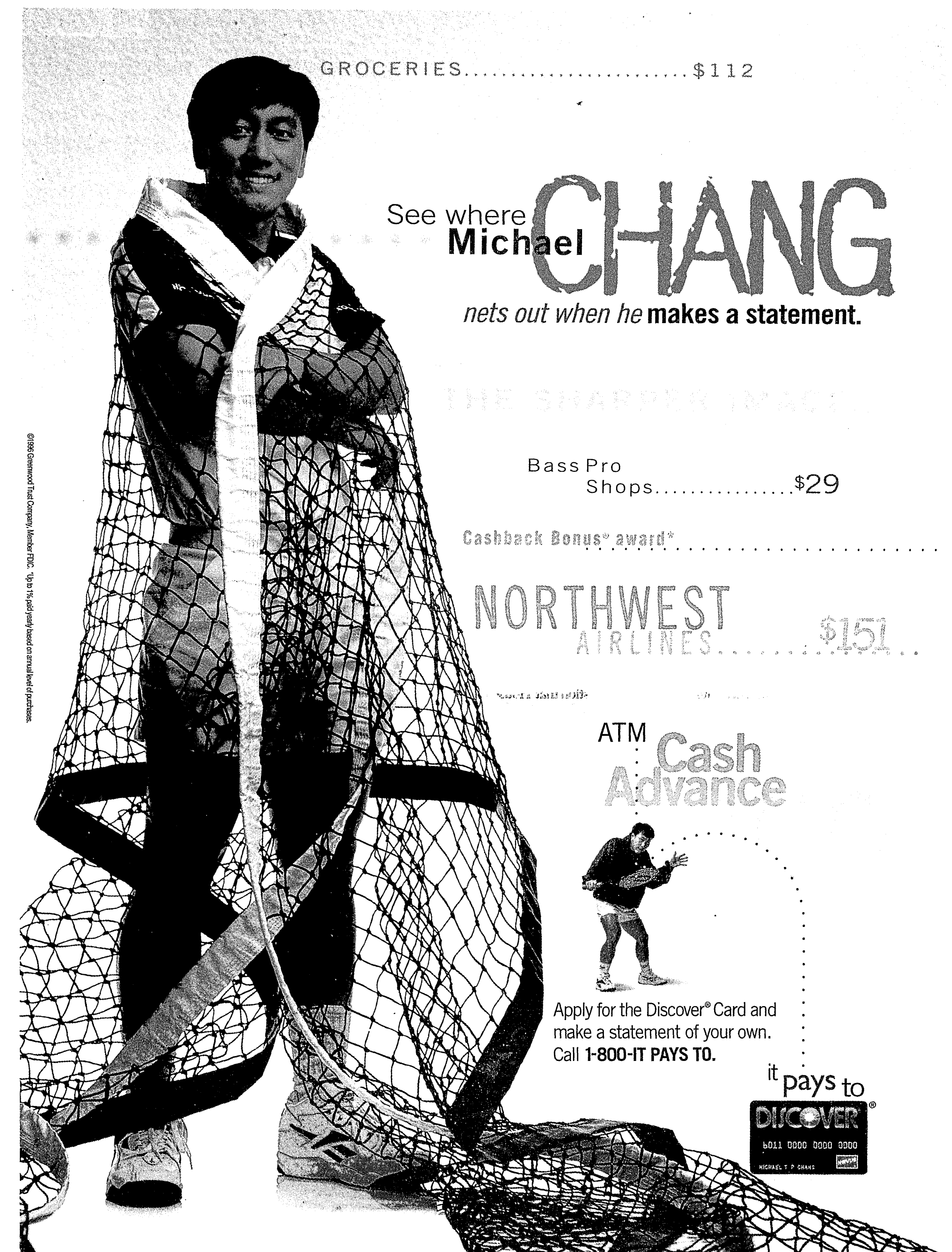
Many women said they try to catch up on their sleep on weekends. Nearly 40 percent of women reported not rising by 10 a.m. on Saturdays and Sundays, while only 26 percent of men slept beyond 10 a.m. on weekends.

"Napping and sleeping-in on weekends is counter-productive," says Sexton-Radek. "Napping behavior needs are complex. While the body craves sleep, the urge to sleep must be ignored to maintain a healthy, synchronized sleep cycle."

Sexton-Radek says one of the most important habits for a good sleep cycle is to go to bed and get up at about the same time each day.

"This will give you a consistent rhythm and will synchronize your biological clocks," she adds.

Almost all, 77 out of 82 students, reported needing alarm clocks to wake up. About 20 percent experienced insomnia at times, they said.



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The Great Book Debate

Continued from page 10...

news and popular culture from TV, movies, music and computer screens was not only numbing him but rendering him "inadequate," he said.

"I no longer knew what I knew. I felt that what I had read or understood was slipping away," Denby said. "I possessed information without knowledge, opinions without principles, instincts without beliefs."

Denby said he also was hesitant to rejoin the ranks of 18 years olds, somewhat put off by the high level of stamina found in younger students, particularly when faced with the daunting task of reading hundreds of pages every week. Pulling all-nighters was something he and his peers now did with insomniac babies, not Homer or Virgil. But this reality and his other experiences he viewed as assets, and Denby said he looked forward to bringing his own maturity to books he had read 30 years ago.

As an undergraduate at Columbia University in the mid-1960s, Literary Humanities or Lit Hum, and Contemporary Civilization, known as C.C. were part of Denby's required core-curriculum and are still mandatory for

Columbia undergraduates. The list of required reading has changed, though not enough to satisfy many who believe the "Great Books" do not address the ethnicity of the student population. Jane Austen and Virginia Woolf have been added, but books such as "Paradise Lost" have been taken away.

The debate isn't exclusive to Columbia University. A recent nationwide survey by the Higher Research Institute at the University of California at Los Angeles found that only 28 percent of the nearly 34,000 professors surveyed called the classic works of Western civilization "essential" or "very important" to the education of undergraduates.

Even at Columbia, where the classics are required reading among first-year students, the texts are not taught as canon. "We teach them in a different way than we did 15 years ago," said Columbia University professor J.W. Smit. "Now we bring out the inconsistencies, the silences."

But Denby is fully supportive of Columbia's curriculum, terming it "superb."

"Men and women educated in the Western tradition will have the best shot at the daunting task of reinventing morality and community in a republic now badly tattered by fear and mistrust," he said. "These books . . . speak most powerfully of what a hu-

man being can be."

Denby's book describes his re-encounter with authors who have transcended time and civilizations. But what makes these books "great"? Denby said he believes that great books correctly describe human nature, regardless of setting, and provide guidelines for living good lives.

These truths are interpreted differently by younger students, however, as they simply don't bring with them the knowledge of life experiences that older students do, said Denby. Denby recalled that female students in one class were "horrified" that Dido would take her own life over a lost love.

Even as a sophisticated, professional New Yorker, Denby was amazed with the skill professors used to enhance the diversity of a classroom. Some of the professors were not keen, however, on having Denby in class, fearing to be "upstaged" by a seasoned film critic.

In fact, one of his instructors, James Shapiro, admits to telling his first-year students a white lie to keep Denby in check. "That first day Mr. Denby declared to the class—a bit too pompously for my taste—who he was and what was doing there, before leaving a few minutes early. After he left I quietly told my student that the real reason that he was joining us was the he had taken an incomplete in Lit Hum 30 years before and was embarrassed to admit it," wrote Shapiro, a professor of English and comparative literature at Columbia, in a recent issue of "The Chronicle of Higher Education."

Shapiro said it took a couple of months before his more impressionable students discovered he was kidding. But by then, Denby had fit in, he said. "Far from finding him a bore or an unwelcome guest, the students found him amusing, especially his unrestrained and passionate outbursts," wrote Shapiro.

Is Denby happy that he took a year off to go back to school? Ecstatic, he said. He is firmly convinced of the importance of Great Books, in the classroom as well as in the living room. Using his book as a guideline, he strongly encourages people to form book clubs to study the classics.

Already his book has been dubbed the best Cliff Notes book of all time by some critics.

Yet Denby doesn't recommend his

book as a substitute for reading "The Inferno" or "King Lear." Whatever distractions life may offer—even if it means turning off the T.V. or shutting down the computer, do it, he said.

"We can't escape the Internet, or the media environment," he said. "But we can keep in view the limitations of the electronic age, and the uses for which it was intended."

Comics

Leold

(leold@javanet.com)

by Roger and Salem Salloom ©1996

*When I would go to a party
I'd get very nervous that no one
would want to talk to me.....
which would make me even more
nervous.*

*So I would sit by myself
terrified that I looked lonely and
uninteresting.*

*But after a while a friend
came over and sat with me.
Whew, relieved! I reminded him
that I owed him some money and
that I would pay him a dollar
right now.*

*Pretty soon a girl came
over to talk to him. Then a girl
came over to talk to the first girl.
After a while I was surrounded by
people.*

*I started to feel anxious
and slipped over to a quiet dark
corner where no one would
bother me.*

*I felt a little lonely and
miserable, and.... I lost a dollar.*



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